



CHOOSE TEXT
OR
LOGO



CHOOSE TEXT
OR
LOGO



CHOOSE TEXT
OR
LOGO



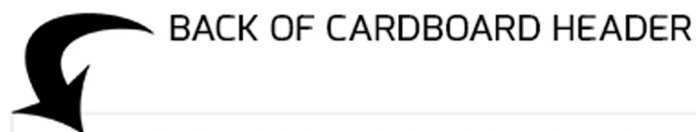
CHOOSE TEXT
OR
LOGO



CHOOSE TEXT
OR
LOGO



CHOOSE TEXT
OR
LOGO



BACK OF CARDBOARD HEADER

WHY SHOULD I EAT CRICKETS?

THERE ARE MANY BENEFITS TO BEING AN ENTOMOPHAGIST (ONE WHO EATS BUGS)

200 CALORIE SERVING	PROTEIN	FIBER	FAT	SATURATED FAT	OMEGA-3
CRICKETS	21 GRAMS	7.2 G	6.1 G	2.6 G	1.8 G
FARMED SALMON	20.4 GRAMS	0 G	19.4 G	3 G	2.5 G
90% LEAN BEEF	22.4 GRAMS	0 G	11.2 G	4.4 G	.04 G
TOFU	24.6 GRAMS	2.7 G	12.6 G	2.7 G	.5 G

Sources: USDA SR-25 and Nutritional composition and safety aspects of edible insects, Ewald A. Rumpold and Oliver K. Schiller. *Int. J. Food Res.* 2013, 17, 1032-1033

ALSO, THEY'RE YUMMY! • THEY PRODUCE 100X LESS GREENHOUSE GASES THAN COWS • THEY ARE A PREBIOTIC, WHICH HELPS MAKE PROBIOTICS MORE EFFICIENT • THEY ARE A NON-DAIRY SOURCE OF CALCIUM • COMPARED TO RAISING LIVESTOCK THEY TAKE UP JUST A TINY FRACTION OF LAND

